

WEST GROVE
Primary School

Wisdom and Grace

Eat right, get moving Parents' Outreach Workshop 2023

Flow of event

Time	Activity
8.45am	Registration
9.00 am	Kahoot Game!
9.15am	Guest Speaker: NKF
9.45am	Let's Move it! Warm up (Club Gazelle)
10.00am	Get Moving with Mr Huang and Mr Saw!
10.20am	Water Break
10.30 am	Eat Right with Mr Wahid!
10.55 am	Survey

5 REASONS TO AVOID PROCESSED FOOD

- 1 Loaded with added sugar, sodium and fat
- 2 Contain lots of artificial ingredients
- 3 High in carbohydrates & low in nutrients and fiber
- 4 Make you overeat and causes weight gain
- 5 Higher risk of cancer

WHAT YOU NEED TO KNOW ABOUT BUBBLE TEA...

SUGAR IN BUBBLE TEA

BROWN SUGAR BOBA MILK TEA:
92.5G OF SUGAR



PASSIONFRUIT GREEN TEA
(100 PER CENT SUGAR):
43G OF SUGAR



WINTER MELON TEA:
80G OF SUGAR



JASMINE GREEN TEA WITH FRUITS:
42G OF SUGAR



BUBBLE MILK TEA
(100 PER CENT SUGAR):
102.5G OF SUGAR



AMOUNT OF SUGAR IN 500ML

* tsp = teaspoon

*By comparison, a can of Coke has 7 teaspoons of sugar



HOW TO MOTIVATE KIDS TO EXERCISE

- Let them pick their exercise/activities
- Make time of exercise & establish regular routines
- Praise their efforts
- Involve their friends
- Start with small amounts of exercise (Don't over do it)
- Set challenges and goals
- Monitor their progress



How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Tight on time this week? **Start with just 5 minutes.** It all adds up!

REDUCE SCREEN TIME & INCREASE OUTDOOR PLAY TIME

Recommended screen time for children under 12
years old = **Not more than 2 hours daily**

Children of all ages should spend **at least
90 minutes a day outdoors**





WGPS programme in supporting
healthy lifestyle

“Catch them eating right”

- Capturing students’ eating right moment
- Displaying good role model among peers
- Encouraging healthy eating habit

WHY DRINK WATER?



1. Helps to lose weight
2. Healthy Skin
3. Fights Infection
4. Get rid of Body Toxins
5. Healthy Heart
6. Prevent Joint Pains & Arthritis
7. Boost Energy
8. Prevent Constipation
9. Reduce risk of Cancer
10. Improves Productivity



Jump rope for fun (JRFF) programme

- To increase moderate to high intensity warmup activities
- Different targets for different levels
- Self learning pace and motivation

West Grove Primary School
JUMP ROPE FOR FUN(JRFF)
Primary 3

Name: _____ Class: _____

(Card 1)

LEVEL 1: SPEED JUMPING (TWO FOOT JUMP)

No. of repetition required	8	Tick if completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No. of repetition required	10	Tick if completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No. of repetition required	15	Tick if completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Set a target on how many time you want to skip in 30s	_____	Tick if achieved	<input type="checkbox"/>		

LEVEL 2A: SKILL JUMPING (SIDE STRADDLE)

No. of repetition required	8	Tick if completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No. of repetition required	10	Tick if completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Set a target on how many time you want to skip	_____	Tick if achieved	<input type="checkbox"/>		

Keep up the good work!

Resilience and commitment, keys to achieve your goal! ☺

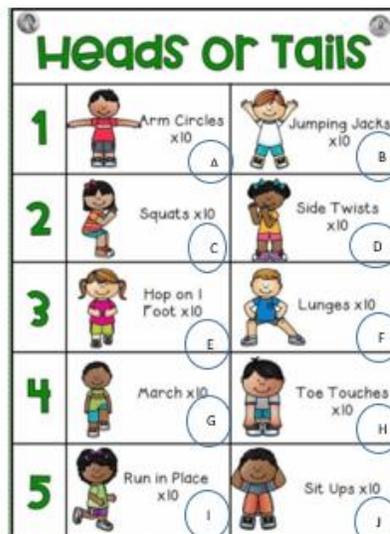
** Do log into your SLS account to view the demonstration videos of the different skills.



Club gazelle CCA

- To increase exercises in a fun way
- Partnership with HPB active youth programme
- Variety of sports games to increase joy of learning through exercises

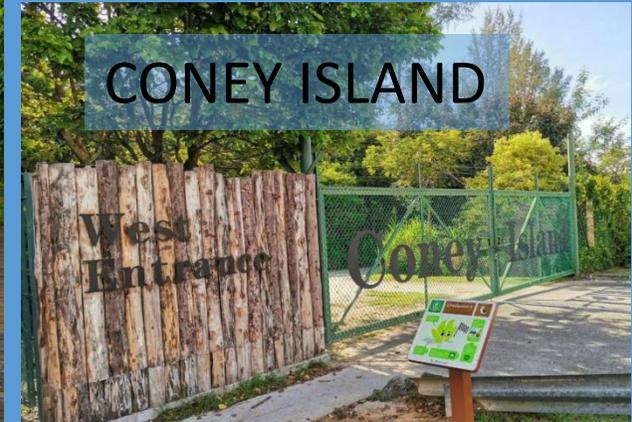
Examples of exercises you can do at home



Write down the exercises that you have done for the day (A to S)

Mon	Tue	Wed	Thur	Fri
		25 Jan	26 Jan	27 Jan
		Eg. A, B, C, D, Q, R, S	Club Gazelle 2-4pm	
30 Jan	31 Jan	1 Feb	2 Feb	3 Feb
			Club Gazelle 2-4pm	
6 Feb	7 Feb	8 Feb	9 Feb	10 Feb
			Club Gazelle 2-4pm	
13 Feb	14 Feb	15 Feb	16 Feb	17 Feb
			Club Gazelle 2-4pm	
20 Feb	21 Feb	22 Feb	23 Feb	24 Feb
			NO Club Gazelle	
27 Feb	28 Feb	1 Mar	2 Mar	3 Mar
			Club Gazelle 2-4pm	

HIKING IDEAS IN SINGAPORE





Eat All Foods in Moderation

1 BUY HEALTHIER CHOICE ITEMS

Receive QR codes for healthier choice purchases at supporting outlets.



2 SCAN QR CODE WITH HEALTHY 365 APP

Earn stamps in the Passport and Healthpoints upon scanning.



3 REDEEM REWARDS

Unlock prizes as you accumulate stamps and convert Healthpoints into Sure Wins rewards.

Healthy 365 is a mobile application by the Health Promotion Board (HPB) Singapore which aims to encourage users to adopt a healthier lifestyle. Through the use of gamification and rewards, users are encouraged to sign up for in-app challenges and health programmes to earn Healthpoints.

The app seamlessly pairs with fitness tracking devices to help users log their daily steps count and amount of time spent on active exercises. Users can also scan QR codes via the app to earn Healthpoints when they purchase healthier meals, drinks and groceries from participating partners.

By 7 February 2023, all users must perform a one-time Singpass login to continue using the Healthy 365 app.



Sundays @ The Park

1 Download the Healthy 365 app.

GET IT ON
Google Play

Download on the
App Store



Active Family



THE HEALTHY
TIMEOUT
CHALLENGE

2 Open the 'Challenges' tab, select this challenge and sign up.



Mall Workouts



Healthy Workplace Ecosystem

3 Scan QR code at activity venues and win!
Register for an activity and scan the QR code after each session. You're on your way to earning Healthpoints!



Community Physical Activity Programme

Singapore



S\$100 top-up in ActiveSG credit for children aged 4 to 12



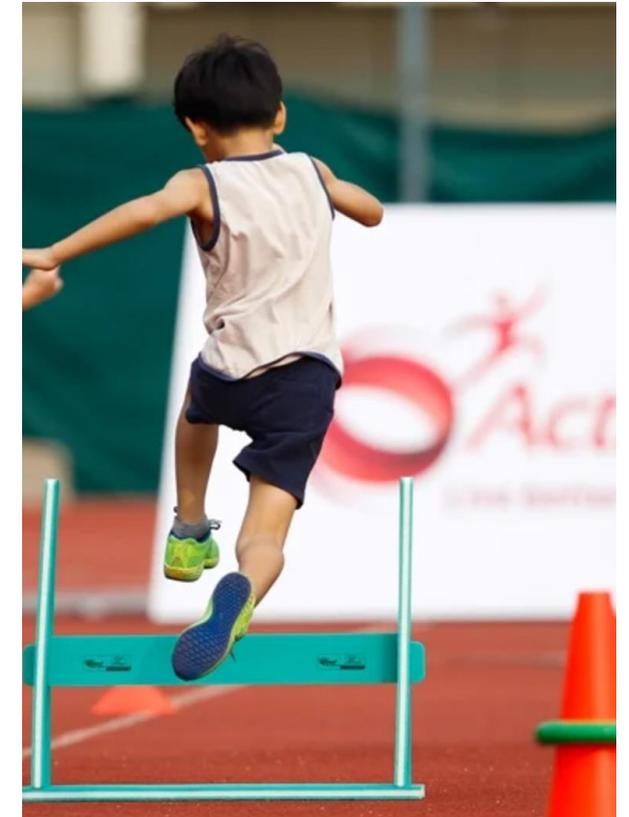
Children who are Singapore citizens or permanent residents, born between 2011 and 2019, will be eligible for the top-up if they are ActiveSG members.

Matthew Mohan

06 Mar 2023 02:05PM | (Updated: 06 Mar 2023 02:15PM)

These credits can be used to offset the cost of programmes such as ActiveSG academies and clubs, leagues and competitions, as well as cover entry fees for swimming pools and facility bookings.

One has to be at least 12 years old to apply for ActiveSG membership, but those who are below 12 are eligible for supplementary memberships, tagged to the accounts of their parents or guardians.





ACTIVE PARENTS SCHOOL HOLIDAY PROGRAMME IS BACK!



ACTIVE
PARENTS

Look no further for parent-child sporty fun like no other!
This March holidays, pick up a sport or two with your child
and sweat it out together!

Brought to you in collaboration with ActiveSG Academies & Clubs

Holiday Programme: Athletics (Refer to ActiveSG FB or app)

**SCHOOL HOLIDAY PROGRAMME
REGISTER VIA ACTIVESG APP**



5-12 years old	Monday 13 March	Tuesday 14 March	Wednesday 15 March	Thursday 16 March	Friday 17 March	Saturday 18 March
08:30-10:00	Bedok					
08:30-10:00	Home of Athletics					
08:30-10:00	Clementi					
08:30-10:00	Hougang					
08:30-10:00	Woodlands					
08:30-10:00	Choa Chu Kang					








RACING FOR A GREENER TOMORROW

Let's work together to make our earth greener and healthier. Let's play a part to recycle your used clothing, medals or any recyclables to the finale event! Together, we experience the race through a sustainable cause.

18 MARCH 2023 | 12PM - 5 PM | HOUGANG STADIUM

Events list	
5-6 years old	80m Run, 300m Run, Standing Broad Jump, Tennis Ball (Overhead) Throw, 4x50m Shuttle Relay
7-8 years old & AAC II	120m Run, 600m Run, Long Jump (10m Run-Up), Vortex Throw, 8x100m Shuttle Relay
9 - 10 years old	120m Run, 600m Run, Long Jump (10m Run-Up), Vortex Throw, 8x100m Shuttle Relay
11 - 12 years old	150m Run, 800m Run, Long Jump (10m Run-Up), Turbo Javelin Throw, 8x100m Shuttle Relay
13 - 16 years old	150m Run, 800m Run, Long Jump (10m Run-Up), Turbo Javelin Throw, 4x100m Shuttle Relay

SIGN UP NOW!




Holiday Programme: Basketball (Refer to ActiveSG FB or app)



ASIA CUP
SINGAPORE

29 MARCH - 2 APRIL
OCBC SQUARE



@sgsportshub

**Do head down and
support!** 🏀 🏆 🏀

FIBA

ASIA CUP

SCHOOL HOLIDAY PROGRAM

BUKIT CANBERRA / JURONG EAST / OUR TAMPINES HUB



**Holiday Programme:
Volleyball**
(Refer to ActiveSG FB or app)
**Closing date:
13 March**



ActiveSG Football Academy School Holiday Programme March 2023



Venue	Age Group	Date	Time	Registration Period
Choa Chu Kang Stadium	U8 & U10	14-16 March	8-9.30am	1 March 12pm – 13 March 12pm
	U12 & Youth	14-16 March	9.30-11am	
Hougang Stadium	U8, U10, U12	18-19 March	8-9.30am	1 March 12pm – 17 March 12pm
	U8, U10, U12	18-19 March	9.30-11am	

Sui Chiat See • 16h



Eat Right, Get Moving Parents' Outreach Workshop 2023

This is a platform for us to share simple healthy recipes and simple exercises that you did with your child. It will be available for the whole month of March 2023.

Instructions on the use of this page

You can choose to type your name or initial here.

✕ ↶ - Publish

Subject ←



Write something fantastic...

Information on the workshop will be shared on this column soon. Stay tune...



♡ 0

Fun moments! Take pictures of some of the items you have received today and post it in this column. :)

Get Moving Time! Upload a picture of you and your child doing the Bingo activities!

Eat R of the have share



Please scan
the QR code
to go into
Padlet while
waiting 😊



Please scan the QR code to do a simple survey at the end of the workshop.

Thank you.

